

Pre-Season Conditioning Clinic

Fall 2008

at Thornton Park



The primary focus will be on skating skills and conditioning in preparation for the upcoming season. Players of all positions welcome. Jerseys will not be provided.

For more info, check us out WWW.SHAKERHOCKEY.COM OR CALL 216-491-2581

August 11-22, 2008 (12 sessions)

Mites	4:30 pm -5:30 pm
Squirts	5:45 pm -6:45 pm
Peewees	7:00 pm -8:00 pm
Bantam	8:15 pm -9:15 pm

\$10 PER SESSION

This two week program is designed for 2 types of players. The first group who have built an outstanding foundation over the summer time and the second, who need to get in good shape before tryouts. This program will focus on integrating basic skating skills, agility and conditioning in the hopes to prepare your player for the grueling workouts that tryouts will have! These sessions will be extremely intense, so prepare appropriately!